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## DOH-CITRUS LAUNCHES “LACTATION CLUB” TO SUPPORT BREASTFEEDING MOMS

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**Inverness, Fla.** — New, expectant and experienced mothers and families are invited to attend the Florida Department of Health in Citrus County's (DOH-Citrus), first of many, no-cost “Lactation Club” breastfeeding meetups, starting this Friday, April 12, from 9:30 to 11 a.m. at 130 N. Montgomery Ave. in Inverness.

The supplemental nutrition program for Women, Infants and Children (WIC) at DOH-Citrus will provide a series of interactive group sessions to encourage and support breastfeeding moms and families every second Friday from 9:30 to 11 a.m. and every third Tuesday from 5 to 7 p.m. at the WIC Inverness location.



The sessions will provide families with information on what to expect as new parents, the benefits of breastfeeding, how to navigate a new baby with siblings and how to increase your milk supply, among other topics. Families will have the opportunity to engage with an experienced breastfeeding peer counselor and other families to help overcome barriers to breastfeeding and share experiences in a friendly and supportive environment.

“Studies show that peer support increases success with breastfeeding,” says DOH-Citrus International Board Certified Lactation Consultant Maret Wachira. “With more peer-to-peer breastfeeding opportunities like this one, and those already established with La Leche League, mothers can learn the ins and outs of breastfeeding from others that have been there and together they can work towards making breastfeeding a part of their families,” says Wachira.

For more information about DOH-Citrus, go to [www.CitrusCountyHealth.org](http://www.CitrusCountyHealth.org) or follow us on Twitter at [@FLHealthCitrus](https://twitter.com/FLHealthCitrus).

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### About the Florida Department of Health

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